

# Happy Valentine's Day 2026

Post by "Kalosyni" of February 14, 2026 at 5:37 PM



# Happy Valentine's Day!



"Meditate therefore on these things and things akin to them night and day by yourself; and with a companion like to yourself, and never shall you be disturbed waking or asleep, but you shall live like a god among men. For a man who lives among immortal blessings is not like unto a mortal being." - closing paragraph of Letter to Menoeceus, Bailey translation



"Of all the things which wisdom acquires to produce the blessedness of the complete

One important thing that makes for both good (enjoyable) friendships and good (enjoyable) romantic relationships...emotional validation:

Quote

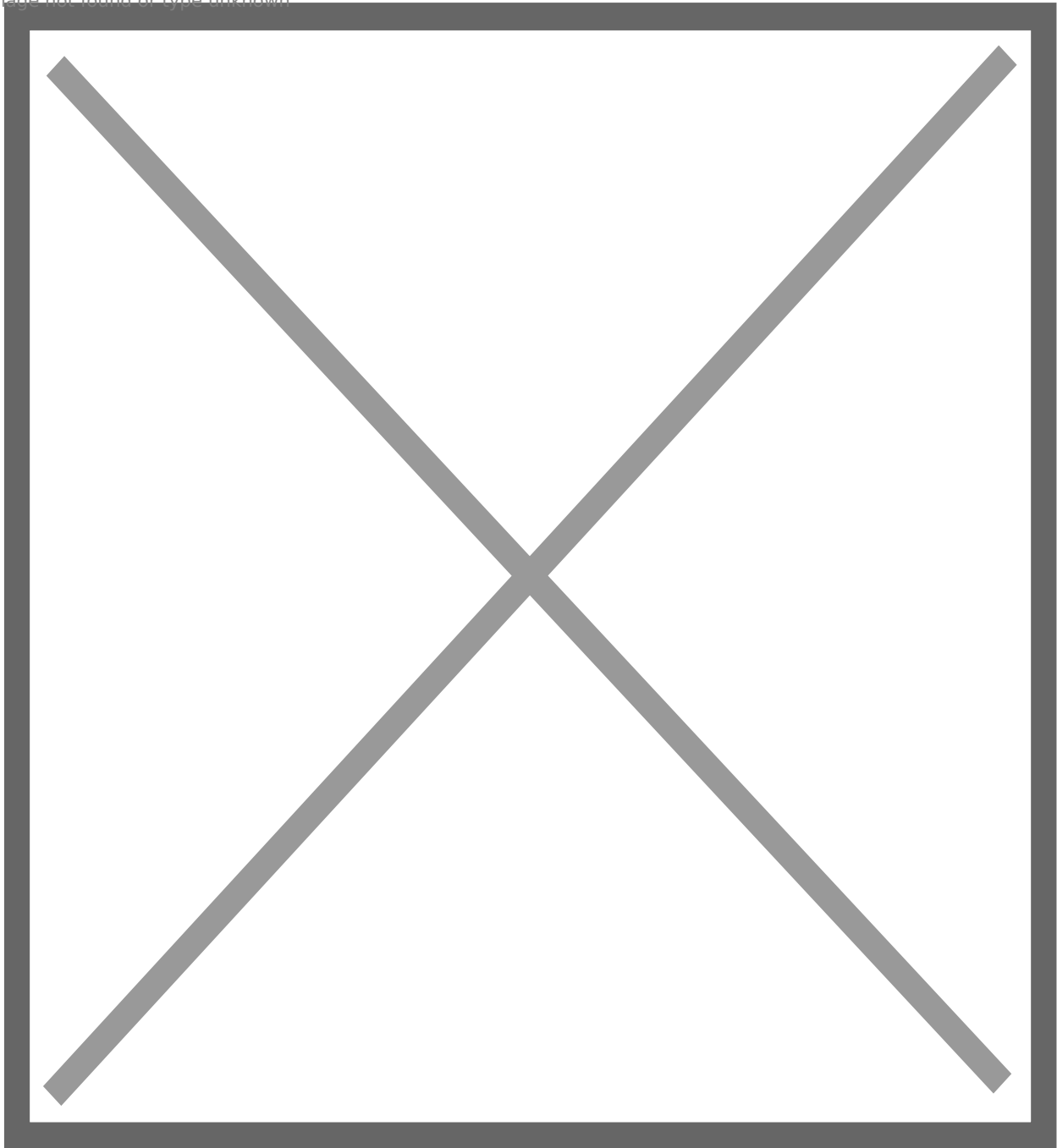
**Has anyone ever made you feel like your emotions are truly valid? What did it feel like? Most likely, it made you feel understood, accepted and safe to process your feelings to their fullest.**

Being able to give someone emotional validation is one of the strongest communication tools you can have in your arsenal when building relationships. Whether at home, in school or even in the workplace—validating language fosters mutual respect and empathy.

However, just like any other communication tool, **knowing how to properly validate someone's feelings is a skill.** And it takes time and intentional practice before comforting someone will become second nature.

You can read the full article here:

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### [The Art of Emotional Validation: Understanding and Supporting the Feelings of Others](#)

Emotional validation is a skill that can help you strengthen relationships and create a safe space for those around you. Learn how to properly validate...

[blog.smilingmind.com.au](http://blog.smilingmind.com.au)

There are a number of websites about emotional validation, and I may end up posting more on this over in the Epicurean Lifestyle sub-forum.